

JUNE 5, 2023

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



Hannah here again!

I've been loving all of the photos and videos that my mom has sent over. The skies, mountains, trees, waters are all so vivid and gorgeous! They almost look fake they are so beautiful! I am happy to report that she has only had some minor altitude sickness so far, but not nearly as bad as previously. She's been drinking plenty of water and has a sweet camping setup, and seems to be loving every minute of it.

The hikes were definitely challenging, but she has been able to conquer them! I am also happy to report that I haven't received any low glucose alerts which is fantastic! I will let my mom fill you in next Monday on all of her adventures on this trip, but I wanted to check in and say hello while she's still gone!

Some updates on my end: I am officially 12 lbs down from where I was in April, which is awesome. Still working on drinking more water and staying hydrated, especially as our high temps continue. I am also officially 4 days smoke-free, which is huge. I've posted about quitting cigarettes over the years and have had periods of success, but this time feels a little different from the rest. It's always been something I've been embarrassed of and I'm really excited to keep going. This time I'm 31, focusing more on my health than previously, and have been more physically active this year than the last five, at least.

Jacob and I have been using HelloFresh for the last couple of weeks for dinner, and I can't tell you how much it's helped with the struggle of dinner decisions. We are able to track our calories easily, the food is delicious and we don't feel like we are missing out on anything! We usually use these meals for a couple of months just to get us out of any dinner funks and then I get inspired in the kitchen again. Have you ever used a meal delivery kit? This isn't sponsored, just curious!

I will be posting to YouTube this week with a video on what it is I actually do with my mom, so stay tuned if you're a curious cat like myself

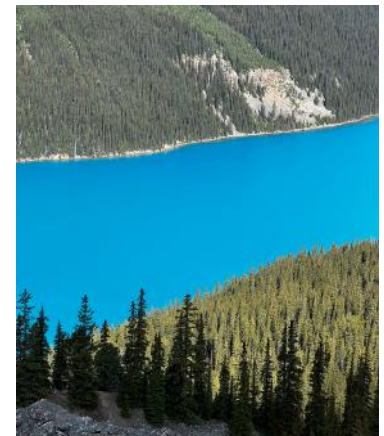
Happy Monday and let's make it a fantastic week!

A reminder that I do have a discount code if you want to join WW (it's anonymous, so I won't know) where we each get a month free. [Click here if interested](#). #bettertogether

My Cookbooks **COOKING FOR ONE** and now the print version of **SKINNY PIZZA DOUGH SECOND EDITION** are both available!!

Cooking for One - [click this link](#) and you'll be able to buy it for \$19.95 for the Kindle version, or pay \$24.95 for the printed paperback version.

Skinny Pizza Dough Second Edition - [click this link](#) and you'll be able to buy the paperback from \$19.95 or Kindle version for \$9.95.



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SHRIMP TIKKA MASALA

This recipe is so delicious. I have fallen in love with Indian food over the years and this Shrimp Tikka Masala is such a comfort meal. If you're someone who has never tried Indian food, I would suggest starting with something like Butter Chicken because it's very tame in terms of the spice level and flavor.

This recipe uses more pungent spices, but if you love flavor like myself, it is sure to be a home run. It's spicy, creamy, comforting and fresh all at the same time. I served mine with mini naan that Hannah and I found at Costco along with some lemon rice (also from Costco) - and it was fabulous!

Ingredients

- 1 pound shrimp, peeled and deveined
- 1/2 cup non-fat Greek yogurt
- 1 tbsp lemon juice
- 2 tsp ground cumin
- 1/2 tsp cinnamon
- 1 teaspoon tandoori seasoning
- 1/2 tsp black pepper
- 1 tbsp ginger paste (or chopped fresh ginger)
- 1/2 tsp salt
- 1 tablespoon minced garlic
- 1 small jalapeno
- 2 tsp cumin
- 2 tsp paprika
- 1/2 teaspoon tandoori seasoning
- 6 small dried chilis (I used arbol chilis)
- 8 ounce tomato sauce
- 2 tablespoons half and half
- 2 tablespoons chopped cilantro (optional for garnish)

Instructions

1. Mix the shrimp with the yogurt, lemon juice, cumin, cinnamon, tandoori seasoning, black pepper, ginger, and salt. Marinate for at least one hour.
2. In a sauce pan, spray with avocado oil spray over medium heat, and cook the garlic and jalapeno for a minute. Add the cumin, paprika, tandoori seasoning, and cook for one minute, stirring constantly. Add the tomato sauce and dried chilies and simmer for 5-7 minutes, or until the sauce starts to thicken. Remove from heat and stir in the half and half.
3. While the sauce cooks, cook the shrimp. Heat skillet over medium heat with avocado oil spray. Cook shrimp for 2 minutes per side, or until cooked through.
4. To plate: Place 1/4 of the sauce on the plate, add the cooked shrimp and sprinkle with cilantro. Serve with rice and naan to make it a complete meal.



SHRIMP TIKKA MASALA

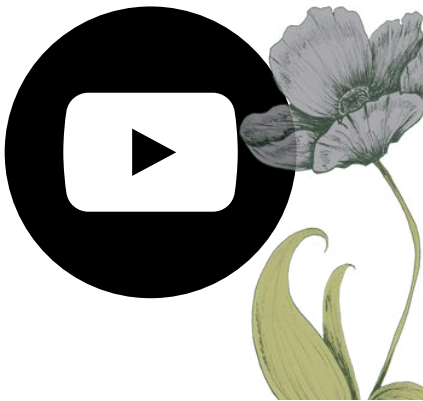
Have you checked out our [YouTube Channel?](#)

Our YouTube channel has meals for mastering, WW recipes, and Monday Motivations among other videos to get you *bizzy* in your kitchen!

Upcoming video: What does Biz's Assistant do? Learn what Hannah does for MBK!

If you missed our [double protein pizza dough](#), you can check out that video [here](#).

If you are not already following us on YouTube, we would really appreciate your support if you subscribe to our channel. **[Click here to subscribe](#)** - thank you!



BIZ'S LIFE

Stay tuned for Banff content!

I have seen people raving about traveling through my mom's DMs and comments over the past week she's been gone, and it's really been awesome seeing so many people who love to travel. There were a lot of people also mentioning that they wish they would have gone on this trip with her, especially now having seen the adventures that they are going on. I totally get that the trips can seem like a lot of money - and that's a totally understandable reason a lot of folks can't join. However, if you're someone who is able but just nervous to travel solo or go somewhere new, these are the best trips to take!

Trova has everything planned out and you are never alone. Traveling solo can be such a daunting thought, but these trips are such a great way to see the world without needing to worry about every single detail. Costa Rica is still 5 months away and you only need to put 25% down in order to set everything up! Life is short and life is meant to be lived. Come explore with me and I promise you won't regret it!!!

My trip to Costa Rica has confirmed!

I got the minimum amount to join, but the more the merrier! - [come to Costa Rica with me](#)! A few questions that have come up regarding the Costa Rica trip: What's included? If you click the link, it has all of the details in terms of what the price covers, cancellation policy, etc. There is still plenty of time to sign up!

The price includes everything for your accommodations, activities, approximately 70% of your meals, and the only thing that is your responsibility is the travel cost (flight) and tip money for the tour guide who is with us 24/7.

The Costa Rica trip is October 17 - 23 - six months away. If you wanted to join me, you would only need to put down 25% of the total price, and they even have monthly payment plans.

All of the 3 Trova Trips that I took in 2022 were extremely well organized, the tour guides were amazing, and I can only expect the same thing for this Costa Rica trip! ***Life is too short and there is so much world to see. Come see it with me!***

Some of the excursions included in your trip:

- ***kayaking***
- ***guided jungle tour***
- ***sea turtle conservatory***
- ***boat tour***
- ***snorkeling***

I cannot wait to explore with you guys! Who's coming with me?!



Come to Costa Rica!



Nikki and Biz



Morgan and Lauren came over for a BBQ!



Come travel with me



Check us out on TikTok!

MY BIZZY KITCHEN DISCOUNT CODES: JUNE

SEED

Click [here](#) and use code BIZ25 for 25% off!
This is the holy grail synbiotic (pre & probiotic in one) that supports systemic health.
Amazing for traveling & keeping you regular!

PALEOVALLEY

Click [here](#) for 15% off! These are the best beef sticks I've found and they have so many other amazing products to choose from!

Safe + Fair is my go to for granola, snacks and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. Use Code Bizzy20 to save 20% off your order.
If your order is over \$40 after my discount, you get free shipping too!

New! My friend Bobby from FlavCity has three amazing protein shakes that are so delicious. Vanilla Cream, Pumpkin Spice and Chocolate Peanut Butter - use code Biz15 to save 15% sitewide. **You can check out his shop here.**

BIGGEST NEWS EVER!!! I HAVE A DISCOUNT CODE FOR BAKING STEEL! It's **Biz10** and [click here for the link.](#) It's good on all their products site wide. I have the original baking steel that I've had for 5 years. 1000% Biz approved!

AG1

Link coming soon for this month! AG1 is a daily holistic, whole body health drink with 75 high-quality vitamins, minerals, and whole-food sourced nutrients.

FOCL

Link coming soon for June! These are CBD gummies - I know, right?! Crazy, but they help with sleep, relaxation, and come both with and without THC, depending on your preference. Totally wild, but I'm stepping into the new age with this one!

FODY FOODS

Link coming soon! Fody makes foods without onions (YAY) and garlic that are FODMAP approved - and delish!!!

BIG FAT COOKIE

Stay tuned! These are literally the biggest, best cookies you will ever have. I've posted about them before and I'm so excited to share again!

MIDDAY SQUARES

This is another new item this month - functional chocolate squares to keep you full that are packed with protein and taste SO good!

SPRITZ

Stay tuned! You know I love their drinks!!!

